



Dr. C. VIJAY, Ph.D.,

Founder & CEO, SMART 7 Wellness...



B.P.E.S, M.P.Ed, M.Phil, Dip in Yogic Science,
CPR, BLS, FIRST AID & AED- American Heart Association
Certified - Leadership Trainer IIP-CANADA
Cert.NIS Health & Fitness Management.
(Having 2 decades of Mentoring people in Health & Fitness)

PERSONAL PROFILE

- Mentored & Certified 3000+ Fitness Trainers, Gym Instructors & Physical Education Teachers so far.
- Designed and Delivered numerous Fitness Workshops, Sports Camps, Health Awareness programs in Schools, Colleges, Tamilnadu police academy, Purnasakthi NGO, Kalakshetra dance school, Health clubs, Corporates etc at Tamil Nadu, Pondicherry, Karnataka, Andhra Pradesh.
- Certificate of Excellence in the field of Physical Education - Awarded by Rotary club chennai IT city

PHYSICAL EDUCATION & WELLNESS CONSULTANT

- LIBA- Loyola college , Chennai.
- Greater Chennai Women Police, Aanantham Program.
- Amalorpavam Hr Sec School , Pondicherry.
- Indradhanu waldorf School, Chennai.
- Vidya sagar Disability & Support School, Chennai.
- V excel Education for Special Children's, Chennai.
- Kriyative kidz, International School, Chennai.
- APL Global School, Chennai.

CORPORATE WELLNESS CONSULTANT

Cognizant, TVS, HUNDAI, NOKIA, MGage Ind Pvt Ltd,
GALA BOX, SPI GLOBAL, Heidelberg Ind Pvt Ltd,
Isolve Ind Ltd.

OTHER QUALIFICATIONS

- State Technical Official in Athletics, Baseball, Handball, Kabaddi
- Gym Instructor Certificate at YMCA, Chennai
- Level 1 - Gym Trainer at SPARRC Institute

ACHIEVEMENTS IN SPORTS

- Represented Madras University in Cross Country 2003
- Represented College in the Hockey team 2001
- Won various medals at District & State level Competitions

GAME OF SPECILIZATION

- Volleyball, Basketball and Hockey.

WORKSHOPS AND SEMINARS

- Resource Person at INTERNATIONAL CONFERENCE on Physical Education at SRM , Kattankulathur 2024
- Resource Person at INTERNATIONAL LEVEL CONFERENCE at Avinashi Lingam University, Coimbatore 2024
- EFFECTIVE PARENTING Workshop - Velammal Nexus, Chennai 2025
- National WorkShop on Empowering youth for sports performance through Function Fitness training at TNPESU - Department of Physical Education & NCC Army wing
- Prevention of lower back pain & Physical Education for primary school - YMCA College of Phy.edu, Chennai-2006
- Speed and power training to enhance sport's performance at a National Conference in Ramachandra Medical College 2007
- Resource Person at Speed & Power Training to improve Sports Performance at Ramachandra Medical College 2007
- Resource Person for Physical Education Teachers on SBOA School
- Resource Person for Physical Education Professionals of Kendra Vidhyalaya
- Seminar for Staff on Teachers Rejuvenation Program - Springfield Matriculation School
- National workshop on Emerging Needs & Application of Biomechanics in Sports and Games at YMCA 2010
- National workshop on YOGA FOR HEALTH & SPORTS at LNCPE Trivandrum 2006
- Dope Control & Nutrition at LNCPE Trivandrum 2006
- Functional Fitness Workshop at Muscle Engineer Vellore 2024

WORK EXPERIENCE

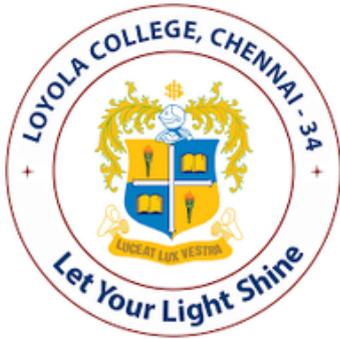
- Fitness Coach- Tamilnadu Hockey Team of 33rd NATIONAL GAMES 2007
- Fitness Advisor- Training Manager & Center Manager, at SPARRC INSTITUTE, Chennai 2007- 2012
- Fitness Consultant & Physical Education Teacher at APL GLOBAL SCHOOL , Chennai 2012 to 2016
- Fitness Consultant - Amalorpavam Hr Sec school, Pondicherry 2017 , 2018 & 2024
- Fitness Consultant at Time kids school, Chennai 2016 to 2018



SMART 7 Wellness...

EDUCATING SINCE 2012

LECTURES DELEIVERED AT PREMIER COLLEGES



LOYOLA COLLEGE
CHENNAI



SRM
UNIVERSITY
'Under section 3 of UGC Act 1956'

SRM UNIVERSITY
VADAPALANI, CHENNAI



MOP VAISHNAV COLLEGE
CHENNAI



K.S.RANGASAMY COLLEGE
THIRUCHENKODU



DR.MGR JANAKI COLLEGE
CHENNAI



ST.JOSEPH'S UNIVERSITY
TRICHY



SATHIYABAMA INSTITUTE
CHENNAI



WOMEN'S CHRISTIAN
COLLEGE
CHENNAI



SRM INSTITUTE
KATTANKULATHUR, CHENNAI



ANNA ADARSH COLLEGE
CHENNAI



IIT MADRAS
CHENNAI



R R PHYSIOTHERAPY COLLEGE
ANDRA PRADESH

SMART 7 Wellness...

EDUCATING SINCE 2012

LECTURES DELEIVERED AT PREMIER SCHOOLS



AMALORPAVAM SCHOOL
PONDYCHERRY



BVM Global
INSPIRE • IGNITE • TRANSFORM

BVM GOLBAL SCHOOL
CHENNAI



SRI SARADA VIDYALAYA
VILUPURAM



S.B.O.A SCHOOL
CHENNAI



PSBB MILLENNIUM SCHOOL
CHENNAI



ST.RAPHAEL'S SCHOOL
CHENNAI



KRM PUBLIC SCHOOL
CHENNAI



KANGADIYA SCHOOL
NAGARKOIL



JAIGOPAL GARODIA SCHOOL
CHENNAI

SMART 7 Wellness...

EDUCATING SINCE 2012

LECTURES DELEIVERED AT PREMIER PHYSICAL EDUCATION INSTITUTIONS



**Y.M.C.A COLLEGE
CHENNAI**



**TAMILNADU SPORTS UNIVERSITY
CHENNAI**



**ANJA COLLEGE
SIVAKASI**



**SCOTT CHRISTIAN COLLEGE
OF PHYSICAL EDUCATION
NAGERKOIL**



**SAVEETHA SCHOOL OF
ENGINEERING
CHENNAI**



**QUEEN MARY COLLEGE OF
PHYSICAL EDUCATION
CHENNAI**



**BHARATHIYAR UNIVERSITY OF
PHYSICAL EDUCATION
COIMBATORE**



**DR.SIVANTHI ADITANAR COLLEGE OF
PHYSICAL EDUCATION
THIRUCHENDUR**



**NATIONAL COLLEGE OF PHYSICAL
EDUCATION
TRICHY**

SMART 7 Wellness...

EDUCATING SINCE 2012

SERVICE DELIVERED AT EMINENT CORPORATE COMPANIES



**COGNIZANT
CHENNAI**

**TVS
CHENNAI**

**HYUNDAI
CHENNAI**



**NOKIA
CHENNAI**

**MUDRA
CHENNAI**

**HEIDELBERG
CHENNAI**



**MGAGE
CHENNAI**

**SPI GLOBAL
CHENNAI**

**GALA BOX
KODAIKANAL**

SMART 7 Wellness...

EDUCATING SINCE 2012

LECTURES DELIVERED AT UNIFORM SERVICES



Tamilnadu Police
acadamy college

ASHOK NAGAR, CHENNAI



CBCID
CHENNAI



DSP POLICE TRAINING
CHENNAI



ANANTHAM POLICE
INSTITUTE
CHENNAI



Tamilnadu Police
acadamy college
VANDALUR, CHENNAI



POLICE TRAINING
ACADEMY
VELLORE

INTERVIEWS IN MEDIA

- MALAI MIRASU NEWS CHANNEL
- PUTHU YUGAM NEWS CHANNEL
- PT PRIME NEWS CHANNEL
- ABP NADU NEWS CHANNEL

SMART 7 Wellness...

EDUCATING SINCE 2012

LEADERSHIP \ OBТ - OUTBOUND TRAINING



LIBA- LOYOLA INSTITUTE OF BUISNESS ADMINISTRATION - CHENNAI



KERRY INDEV LOGISTICS - CHENNAI



SMART 7 Wellness...

EDUCATING SINCE 2012

BOOT CAMP CHALLENGE FOR MCC PHYSICAL EDUCATION STUDENTS



MADRAS CHRISTIAN COLLEGE - CHENNAI



STAIROTHON - STAIR CLIMBING MARATHON



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MEDIA INTERVIEWS

Career Guidance program for students in Fitness & Physical Education @ Malai Murasu news channel



Watch Full Interview

https://youtu.be/loxJ_yMoPIE?si=QGxTwOcELvUPmBfq

MEDIA INTERVIEWS

Interview on kids, wellness, Special Needs, Career Guidance & Physical Education @ Puthuyugam news channel



Watch Full Interview

<https://youtu.be/XGaXPN228cs?si=5c7vPijuZggb2t02>

MEDIA INTERVIEWS

Interview on Healthy Living for general public
@ PT PRIME news channel



Watch Full Interview

Part - I <https://youtu.be/oj5RK8wwMmc?si=jCHauVAXZ88-oW3g>

Part - II <https://youtu.be/D7xH3t6bk60?si=BtzLYz9QwmxL0hUx>

MEDIA INTERVIEWS

Career Guidance in the Fitness industry for Students
@ ABP Nadu channel



Watch Full Interview

https://youtu.be/zlutcBWa6HA?si=jz_GFkEesGj4qX_i

MEDIA INTERVIEWS



Kalyanamalai

கேள்விக்கு என்ன பதில் ?



Watch Full show

https://youtu.be/rVawAXpTEgY?si=tikzN2JR_EITqml-

Between - 7.10 Minutes to 12.20 Minutes

NEWS PAPER RELEASES

தினகரன்

05 JAN 2020

நாகர்கோவில் Dinakaran Today உடற்பயிற்சி நிபுணர்களுக்கு பயிற்சி 5 Jan 2020

நாகர்கோவில், ஜன. 5: உடல் ஆரோக்கியத்தின் முக்கியத்துவத்தை கருத்தில் கொண்டு நகர பகுதியில் பல ஜிம்கள் நிறக்கப்பட்டுள்ளன.



நாகர்கோவில் அண்ணா விளையாட்டு மைதானத்தில் உடற்பயிற்சி நிபுணர்களுக்கு ஸ்மார்ட் 7 வெல்னஸ் அமைப்பு சார்பில் பயிற்சி வழங்கப்பட்டது.

இந்த ஜிம்களில் காலை, மாலை வேளையில் பயிற்சி வழங்கப்பட்டு வருகிறது. ஜிம்களுக்கு இடம் வசது வடையாலிபுரம், இளம் பெண்கள் அதிகளவு செல்வ இடங்கள், விளையாட்டு மற்றும் உடற்பயிற்சி மேற்கொள்பவர்கள் முறையாக பயிற்சி மேற்கொள்வதில்லை. இதற்கான உரிய பயிற்சியாளர்கள் இருந்தாலும், அந்த பயிற்சியாளர்களும் முறையாக பயிற்சி பெற்றிருக்கவேண்டும். எனவே உடற்பயிற்சி நிபுணர்களுக்கு பயிற்சி வழங்கும் நடவடிக்கை அண்ணா விளையாட்டு மைதானத்தில் 2 நாட்கள் நடத்தி இந்த பயிற்சி வகுப்பை ஸ்மார்ட் 7 வெல்னஸ் என்ற அமைப்பின் பங்களிப்புடன் மேற்கொண்டது. 24 பேர் கலந்துகொண்டனர். பயிற்சி வழங்கியவர் ஸ்மார்ட் 7 வெல்னஸ் தலைவர் ஸ்ரீமதி சிவசுமதி ஆவார். இவர்கள் பயிற்சி வழங்கும் போது, உடற்பயிற்சி மற்றும் உடல் ஆரோக்கியம் பற்றி விவரமாக விளக்கம் அளித்தனர். பயிற்சி மேற்கொள்பவர்கள்

கனம் தங்கனது உடலுக்கு ஏற்ப என்ன என்ன உணவுகள் உட்கொள்ள வேண்டும், என்ன பயிற்சி மேற்கொள்ள வேண்டும் என அறிவுரை வழங்கப்பட்டது. பயிற்சி வகுப்பை மாவட்ட விளையாட்டு அதிகாரி டே.வி. டேவிஸ் தொடங்கி வைத்தார். 2 நாட்கள் நடத்த பயிற்சி வகுப்பில் கலந்துகொண்ட 24 பேருக்கும் சான்றிதழ் வழங்கப்பட்டது. சான்றிதழ்களை நாகர்கோவில் போக்குவரத்து போலீஸ் இன்ஸ்பெக்டர் அருண் வழங்கினார். பயிற்சி வழங்கியது குறித்து விஜய் சுந்தர் வரலாறு பயிற்சி மற்றும் அனைவரும் தங்களது உடலுக்கு ஏற்ற உடற்பயிற்சிகளை மேற்கொள்வது கிடைக்காது அவர்கள்

மாலை மலர்

09 JAN 2025



ஸ்மார்ட் 7 வெல்னஸ்... விழா

ஸ்மார்ட் 7 வெல்னஸ்... நிறுவனம் 3-வது உடல் தகுதி மற்றும் உடற்பயிற்சிக்கான டிப்ளமோ சான்றிதழ் வழங்கும் விழாவை கொண்டாடியது. டெல்லி தேசிய தொழிற்கல்வி மற்றும் ஆராய்ச்சி பயிற்சி கவுன்சிலால் அங்கீகரிக்கப்பட்ட 10 மாத சான்றிக்ம் பார்ப்பில்

राजस्थान पत्रिका



THE TIMES OF INDIA

SMART 7 Wellness Diploma in Fitness RAJASTHAN PATRIKA Convocation Ceremony 9th Jan 2025 press release

दीक्षांत समारोह का आयोजन



चेन्नई @ पत्रिका 1. शारीरिक फिटनेस और व्यायाम पर डिप्लोमा प्रमाणन के तीसरे बैच का दीक्षांत समारोह यहां आयोजित किया गया। यह राष्ट्रीय व्यावसायिक प्रशिक्षण परिषद, दिल्ली द्वारा अनुमोदित 10 महीने का सर्टिफिकेट कोर्स है। इसका संचालन प्रशिक्षण संस्थान स्मार्ट 7 वेल्नेस ने किया। इस अवसर पर एक सर्टिफिकेट प्रेजेंटेशन समारोह आयोजित किया गया जिसमें व्यक्तियों के स्वास्थ्य को बढ़ाने के लिए समर्पित 38 शीर्ष फिटनेस पेशेवरों की पुष्टि की गई।

Smart 7 Wellness holds convocation of diploma certification on physical fitness

Chennai, Jan 6: SMART 7 Wellness, a pioneering Fitness and wellness training institute marked a significant milestone, celebrated the successful completion of its 3rd batch Convocation of Diploma Certification on Physical Fitness & Exercise, a 10-month certificate course approved by the National Council for Vocational Training (NCVRT), Delhi, under the Government of India. The occasion was marked by a Certificate presentation ceremony that confirmed 38 top-notch fitness professionals dedicated to enhancing the well-being of individuals. The event marked 13 years of successful education in health and physical fitness. Meera Nagarajan, CEO of Kalyanamalai KM Matrimony & Mohan, Chairman Kalyanamalai awarded certificates to successful qualified students in the presence of Dr.C.LigiEzhilarasi, Director, SMART 7 Wellness. C Vijay, Founder & CEO, SMART 7 Wellness, said, "The cutting-edge curriculum, experienced instructors, and state-of-the-art facilities have enabled it to maintain its reputation as a premier fitness training institute. The students, who have completed rigorous courses encompassing topics like nutrition, exercise physiology, and personal training, are now equipped to inspire and guide individuals on their fitness journeys." Jayapriya Devi, Director of Kriyative International School, was the coordinator of the course program.

MAGAZINE RELEASES



JANUARY 2019

Caring **WELLNESS**

giving you a more optimistic outlook, which combats depression. Working out also gives you a physical outlet for your frustrations, making you feel more productive and accomplished, eliminating feelings of helplessness. Finally

You are Healthier
Regular workouts help the body release anti-oxidants and get rid of unwanted toxins, boosting immunity. This means you can stave off the common cold, the flu, or even more serious health concerns with better results. According to the American Council on Exercise, every exercise can help you stay put in your 30s

1. Running strengthens your heart
2. Weight training helps reduce weight gain.
3. Stretching counteracts declining flexibility.
4. Resistance exercise combats deteriorating muscle mass.
5. High impact exercise helps prevent brittle bones

People in their 30s most look at fitness as a way of life rather than a mere effort at getting fit. Just because you are in your mid 30s does not mean you cannot participate in fun activities.

Join a sports club, hit the gym, take up dance classes, prepare for a marathon and if none of these works for you, just go on a run with your children.

A. Waj Founder & CEO
SMART7 WELLNESS CHEMIST
He is a certified Fitness Professional with more than 10 years of experience in the field of Fitness and Health. He has a B.Sc. in Health and Fitness from the University of Applied Sciences, London.

JANUARY 2019

Women in 30's Build a Strong Foundation For Lifetime of Good Health and Wellness

■ We cannot deny the truth: Time passes, and your bodies change. The day-to-day health is kind of like the weather. Like sunny days or passing storms, colds come and go. So do sniffles, aches and pains, and pimples and blisters.

The overall health, though, is more like the climate. It's an accumulation of lots of different factors genetics, chance, and the lifestyle choices we make and has more impact on our lives in the long run.

- Maintaining a healthy weight
- Keeping your skin looking fresh and more youthful
- Reproductive issues, anything from getting pregnant or not to finding a birth control method that matches your lifestyle
- Preventing bone loss
- Reducing stress

Some of the factors that affect the health are out of our control, like our family's medical legacy.

you might be more likely to have breast cancer, too. Accidents, injuries, and genetically unforeseen conditions can sidetrack us and set our health off balance, too. But you can control the lifestyle choices we make, and these choices certainly do accumulate and either enrich or endanger the quality of health we enjoy through the years of our lives.

Don't allow fitness take a backseat with the mid-life crises of your 30s.

Stress
Your 30s can feel sort of your own and feeling stronger in your identity, your body begins to show some of the first subtle signs of aging. And just as you're achieving more stability in your career or personal life, you may discover the stresses that sprout from that stability. Of course, for some women these things will have less impact than for others. But there are some common concerns among thirty something.

JANUARY 2020

Challenging **FITNESS**

a thrilling act, there are a few more popular challenges that are likely to associate with fitness and health resolutions.

- It is difficult for someone, so it will be easy for me and vice versa.
- My friend joined exercise and I have to do.
- My expectations in training is body building, I must do it.

Joining a dance class or martial arts may be out of someone's pursuit towards part of career, etc. Just because someone is doing something on their interest, you need not do it.

Adventure Fitness Resolutions: Do you even want it? • Challenge These similar to the interests and change them to become part of resolution, there is handful of adventure fitness resolutions. It is even bigger and proportionately dangerous than the above category.

Don't Challenge - What do you feel when you say it isn't challenging you? When you say it isn't challenging you, you are probably not setting a goal for your physical health or overall wellbeing.

A few types of adventure challenges listed below:

- 100 Pushups a day
- Lose 15 Kgs in 15 days
- 21 days 21 km challenge
- 300 days 100 miles challenge
- Multigrip pull
- Run it with bicycle
- Run to Lose weight

As with most fitness "challenges"

of people make a resolution back it a challenge to fulfill it. Learn to differentiate between real challenge that counts on your health and change ability. To perform his bucket challenge you need a lot of determination and good health, of course. Can you draw any other benefits to your fitness level than the bucket challenge? It is rather

Challenging **FITNESS**

As some simple exercises rather physical activities everyday.

These are literally simple, easy to do everyday and quite effective.

Hand, walk, stretch, climb up, do sit-ups, performing, playing with kids etc whatever comfortable to you. Do some basic activity everyday, for 15 minutes.

Increase the activity by one minute every week. In six months, when you look back, you would have literally come a long way!

Fitness Resolutions 2020:
Gaining some knowledge on benefits of exercise won't harm you. However, it can be quite motivating to create a solid and realistic fitness resolution 2020.

Regular exercise not only helps you lose weight, get back the physical fitness, and tone your body. It has a lot of benefits, proven by multiple researchers. Indeed, a lot of international studies and researchers reveal that exercise can make you feel happier, improve the mental health and clarity, tone your mind, and align your body mind connection. Focus on the physical fitness and make a resolution around it, in 2020.

Improve your ability, mood, and quality, learn your limits, train properly and achieve your goals.

Let us decide the challenge, not the Challenges -

Do you know the real and biggest challenge ahead? Don't worry! It is indeed the most difficult challenge that everyone struggling to overcome.

Plan simple steps to realize the fitness resolutions. Look out for the challenges that complement your fitness and necessary for life. It could be weight loss, identifying what is your real goal helps you clear the clouds and make way clear. Categorize your fitness resolution into three phases.

1. Short term
2. Medium term
3. Long term

Short term goal must be 6 weeks and long term goal must be 6 months.

Here is an old saying - Take Small Steps to Attain Success
You need to lose 20 kilograms of weight or reduce 4 inches of your belly. Make it realistic by losing 500 grams and 1/2 inch. Without losing half a kilo-weight, you cannot move towards losing 20 kilo-weight.

Baby Steps - Simple, Easy and Effective
If you cannot go to gym, you can

A. Waj Founder & CEO
SMART7 WELLNESS CHEMIST
He is a certified Fitness Professional with more than 10 years of experience in the field of Fitness and Health. He has a B.Sc. in Health and Fitness from the University of Applied Sciences, London.

Are we doing right and moving in a right direction? We may not be quite with right intentions, it would be difficult to adhere to these fitness resolutions. It has a lot of challenges about, both visible and invisible. Let's explore the fitness challenges you come across often that hinders your fitness resolutions.

Unaware or unclear of what you need - Challenge One
The primary challenge in executing the fitness resolution is finding what your goals. You must know what your fitness resolution is and how you can split it up that reduces the challenge and make it realistic.

Fitness resolution / goal can be of any type. For instance:

- Cut down eating salty and sugary foods
- Reduce the television hours or overall screen time
- Limit the time you spend on social media
- Working up half an hour early every day
- Sleep daily at appropriate sleep-to- clock
- Reduce eating alcohol

This is the real challenge that you should be aware of what you need to achieve and realize the resolution.

- You want to lose weight
- You may want to eat healthy and make better choices
- You may want to sleep properly
- All these contribute towards becoming fit and healthy.

Understand what your body needs. When you cannot achieve your resolution in the first phase, or short term, it is impossible to move towards the next stage and make it happen.

Make your resolutions realistic. Here is a common disease that everyone aware of:

1. Be realistic, which is achievable sooner or better
2. Do not fall prey for what others do. Make up your mind that you took resolve you and understand what your body needs.
3. SMART goals

Interests and Thrills are not Resolutions - Challenge Two
There is a lot of, literally a lot of ideas that have you into making fitness resolutions which becomes a real threat to your health! You may read it right, interesting and thrilling, even though it is associated with losing your fitness and health question doesn't count as fitness resolutions. Rather it becomes a real and sustainable challenge to you, making things worse.

For interest, for bucket challenge, the world of interest check by the bucket challenge, do not, thousands

Challenging **FITNESS**

NEW YEAR RESOLUTIONS Fitness Challenge Vs Fitness Resolution

Every New Year brings a lot of resolutions. Indeed, a million resolutions. We pledge to many things to change from inside and outside. We seem to make resolutions better the world and we believe it will happen!

New Year and Fitness goals are inseparable. Almost every individual can relate to it in some form or the other. The goals often relate to weight loss, getting back to shape, good health, healthy eating, working out and more often towards reducing toxicity and body fat, physical fitness.

Isn't it great that we kick start the New Year with promising goals that focus on being fit. Of course we don't need a New Year to begin our regimen towards staying fit and healthy. Most of you need a little motivation and gentle spark to focus on how fit you are. So, we are going to begin a workout routine.

How to Make the Fitness Resolutions Successful and Beneficial
As stated above, you all are good at starting a resolution. We face a lot of challenges after recording what we intended.

A lot of resolutions involve around hitting the gym, fitness training centers, etc likely to begin exercise routine of course with the best intentions.

A. Waj Founder & CEO
SMART7 WELLNESS CHEMIST
He is a certified Fitness Professional with more than 10 years of experience in the field of Fitness and Health. He has a B.Sc. in Health and Fitness from the University of Applied Sciences, London.

JANUARY 2020

Challenging **FITNESS**

It was understood and anticipated, it was advertised in a great way to get in shape and have a goal and "make you proud", but without the warning label. To make it worse, those who indulge in such dangerous challenges often show the short shorts of their performance within a couple of days.

Without a shadow of a doubt, these challenges give self-imposed adversity. It is the major reason that most programs are hard towards experiencing the adversity.

Why it fails? - There is no preparation.
Why it is dangerous? - Without proper preparation, it causes more trauma that may potentially lead to death.

When there is an explosive challenge related to fitness or health, the demand of physical fitness is quite high. Unless you prepare and train your body to experience these deadly challenges, it provides deadly results.

You must prepare and train for specific activity to avoid serious consequences like fractures, trauma and death.

And there is no harm when you have proper training and safety measures.

The Motivation Drops - Challenge Four
Believe it or not, even if a New Year brings a lot of motivation. It helps you look at your health and fitness question. In addition, you see a lot of motivation gym membership programs, exercise regimens at discounted prices. Who doesn't want to save avoiding the gym membership at discounted price?

Let us give an easy example of how the motivation drops, which is likely to happen to most of you.

You could paying yearly membership registering to a gym or fitness center located 10 or 15 km away from your home because it offered you attractive discount. You won't be as motivated as you are in the second continuous week to let the gym that is not in the vicinity of your home.

This is just one scenario that motivation drops to a great extent. In addition, you have a lot of reasons that aggregate towards making the motivating question.

How to overcome these three phases of the Fitness Challenge?
Here is the short outlook on overcoming the fitness challenges.

FITNESS COACH FOR VARIOUS TEAMS

- DREAM RUNNERS - BOAT CLUB CHAPTER
- CHENNAI RUNNERS- MARINA MINNALS
- DREAM RUNNERS-RUN T NAGER RUN
- SOUTHERN RAILWAY WOMEN VOLLEYBALL TEAM
- MASTER BASKETBALL WOMEN TEAM
- BASEBALL & SOFT BALL - **DELHI** TEAM
- TAMIL NADU HOCKEY TEAM

LEADERSHIP \ OBT- OUTBOUND TRAINING PROGRAMS

- LIBA- LOYALA COLLEGE - CHENNAI
- KERRY INDEV LOGISTICS - CHENNAI
- CHETTINADU HEALTH CITY- CHENNAI
- RISHS INTERNATIONAL SCHOOL-CHENNAI
- MGAGE IND PVT LTD - CHENNAI
- HEIDELBERG IND PVT LTD- CHENNAI
- KARIX - CHENNAI
- GALABOX - CHENNAI
- COLOR HOMES IND PVT LTD- VELLORE

PHYSIO CUM FITNESS PARTNER

- PICKLE BALL TOURNAMENT
- NO FOOD WASTAGE - FOODATHON
- PURNASHAKTHI FOR HEALTH & FEAST
- DREAM RUNNERS HALF MARATHON-DRH
- REGREEN CHENNAI MARATHON
- DREAM RUNNERS
- CRHM- COOL RUNNERS HALF MARATHON
- YAZAKI GROUP MARATHON
- BOOT CAMP FOR ROTARY INTERNATIONAL
- BOOT CAMP MARATHON BY LIGHT WEIGHT FITNESS

RESOURCE PERSON @ VARIOUS UNIVERSITY/ COLLEGE'S

- LOYOLA COLLEGE- CHENNAI.
- SRM UNIVERSITY -KATANKULATUR, CHENNAI.
- MOP VAISHNAV COLLEGE - CHENNAI.
- SAI INTERNATIONAL INSTITUTE OF HOTEL MANAGEMENT.
- SONA COLLEGE OF TECHNOLOGY -SALEM.
- VIVEKANANDHA COLLEGE.
- SRM INSTITUTE OF SCIENCE & TECHNOLOGY- RAMAPURAM, CHENNAI.
- YMCA- CHENNAI.
- NITTTR- CHENNAI.
- KSR INSTITUTE – NAMAKKAL.
- THIYAGARAJA POLYTECHNIC COLLEGE – SALEM.
- KASTHURI COLLEGE OF PHYSIOTHERAPY – ANANTHAPUR.
- SAI INSTITUTE OF HOTEL MANAGEMENT- CHENNAI.
- AYYA NADAR JANAKI AMMAL COLLEGE – SIVAKASI.
- VVV COLLEGE - VIRUDHUNAGAR.
- CHRISTIAN COLLEGE OF PHYSICAL EDUCATION – NAGERCOIL.
- PERUNTHALAIVAR KAMARAJ COLLEGE – PONDICHERRY.
- IIT RESEARCH PARK- GINDY,CHENNAI.
- NATIONAL COLLEGE – TRICHY.
- TAMIL NADU SPORTS UNIVERSITY.
- BHARATHIYAR UNIVERSITY – COIMBATORE.
- ST. BRITTO’S ACADEMY- CHENNAI.
- LADY WILLINGDON INSTITUTE- CHENNAI.
- TAMIL NADU VETNARY & ANIMAL SCIENCE UNIVERSITY – NAMAKKAL.
- ST. JOSEPH’S COLLEGE – TRICHY.
- SHASHUN JAIN COLLEGE- T NAGAR, CHENNAI.
- QUEEN MARY’S COLLEGE - CHENNAI.
- SAVEETHA DENTAL COLLEGE - CHENNAI.
- ANNA UNIVERSITY NCC TEAM.
- SATHYABAMA UNIVERSITY -CHENNAI.
- ANNAI VELLANKANI COLLEGE- CHENNAI.
- PROF. DHANAPALAN COLLEGE- KELAMPAKAM,CHENNAI.
- MGR. JANAKI COLLEGE - CHENNAI.
- AVINASHILINGAM INSTITUTE – COIMBATORE.
- SAVEETHA SCHOOL OF PHYSICAL EDUCATION.

RESOURCE PERSON @ TAMIL NADU POLICE ACADEMICS

- TAMILNADU POLICE ACADEMY COLLEGE -ASHOK NAGAR, CHENNAI
- CONSTABLE TRAINING PROGRAM ON PHYSICAL FITNESS- KANCHIPURAM.
- ANANDHAM WOMEN POLICE WELLNESS PROGRAM.
- POLICE TRAINING ACADEMY - VELLORE.
- DSP POLICE TRAINING PTCA- VANDALLUR CHENNAI.
- CBCID, CID- CRIME BRANCH - EGMORE, CHENNAI.

CORPORATE COMPANY WELLNESS COACH

- TVS, HUNDAI-GLOVES, COGNIZANT, MUDRA PVT. LTD, HEIDELBERG, NOKIA CHENNAI, LAZER WORDS PVT. LTD, GALA BOX, KALYANAMALAI, ISOLVE (IKIX), MGAGE (KARIX), K2 CRANES LIFTING PARTNERS,DLF SEZ IT PARK -SPI CORPORATE SOLUTIONS ,KANGEN WATERS COMPANY.

PHYSICAL EDUCATION CONSULTANT FOR SCHOOL'S

- AMALORPAVAM SCHOOL - PONDICHERRY.
- KRIYATIVE KIDS SCHOOL- CHENNAI.
- WALDORF SCHOOL - CHENNAI.
- V-EXCEL EDUCATION INSTITUTION - CHENNAI.
- TIME KIDS SCHOOL - CHENNAI.
- APL GLOBAL SCHOOL - CHENNAI.
- VIDHYA SAGAR DISABILITY & SUPPORT SCHOOL- CHENNAI.
- THE GURUKAL FOUNDATION SCHOOL, KASIPUR - UTTARAKHAND.

RESOURCE PERSON/ CHIEF GUEST @ SCHOOL'S

- KRIYATIVE KIDS SCHOOL.
- TIME KIDS SCHOOL.
- ALAGAR PUBLIC SCHOOL – TUTICORIN.
- KARAPAKKAM GOVT SCHOOL.
- RANI LADY MEIYAMMAI SCHOOL.
- JAIGOPAL GARODIA SCHOOL.
- ST.RAPHAEL'S SCHOOL.
- SARADA VIDHYALAYA.
- OUR LADY'S MAT SCHOOL.
- KRM PUBLIC SCHOOL.
- LIL BUDDIES SCHOOL.
- SMRV SCHOOL – NAGERCOIL.
- KANGADIYA SCHOOL – NAGERCOIL.
- ST. JOHN'S INTERNATIONAL RESIDENTIAL SCHOOL.
- ST. ANNE'S SCHOOL.
- POLE STAR MATRIC SCHOOL.
- SBOA SCHOOL.
- AMALORPAVAM SCHOOL – PONDICHERRY.
- VELLAMMAL VIDHYALAYA – PARITHIPATTU.
- SRI SIVASAMY KALALAYA SCHOOL.
- MEENAKSHI AMMAL GLOBAL SCHOOL – UTHIRAMERUR.
- APL GLOBAL SCHOOL.
- ALAGAR PUBLIC SCHOOL – TUTICORIN.
- SMRV SCHOOL – NAGERCOIL.
- PSBB MILLENNIUM SCHOOL.
- SPRINGFEILD MATRIC SCHOOL.
- BVM GLOBAL SCHOOL.
- ST. JOHN'S INTERNATIONAL RESIDENTIAL SCHOOL.
- GOVERNMENT SCHOOL OF NAGERCOIL.
- RISHS INTERNATIONAL SCHOOL.
- VELLAMMAL VIDHYALAYA – PARITHIPATTU.
- SRI SIVASAMY KALALAYA SCHOOL.
- KINGS INTERNATIONAL SCHOOL, CHENNAI.
- DAV MATRICULATION & HIGHER SECONDARY SCHOOL, CHENNAI.
- VAEL'S INTERNATIONAL SCHOOL, CHENNAI.
- ANNAI VIOLET MATRICULATION HIGHER SECONDARY SCHOOL, CHENNAI.
- ST.JOSEPH NURSERY & PRIMARY SCHOOL , CHENNAI.

RESOURCE PERSON @ SPECIAL SCHOOL'S

- Waldroff Special School.
- Vidyasagar Special School.
- V- Excel Educational Trust.
- St. Louis Deaf and Dumb School.
- Mirra special school.

SOCIAL AWARENESS PROGRAMS

- Happy Streets (Pondy Bazaar, Anna salai).
- Nageshwar Park.
- Dr. Nadesan Park.
- Healthwalk by Tamil Nadu Govt.
- Besant Nagar Beach.
- Marina Beach.
- Anna Tower.
- Coddissia Trade Centre.
- Chennai Trade Centre.
- Banker's Association.

REFRESHER PROGRAM- FITNESS CENTERS & NGO'S

- **Thrive Institution – Trichy.**
- **Kodate.**
- **Akkarai Journalists Gathering.**
- **Chettinad Health City.**
- **Tirupur Fitness Center.**
- **Kinder Gym.**
- **RSET Sports Club.**
- **Jay's Women's Fitness Centre – Nagercoil.**
- **G-Mime Studios.**
- **Gladiator's Boxing Academy – Bangalore.**
- **Global Adjustments - Purnashakti.**
- **Die Hard Boxing Academy – Bangalore.**
- **Vallamai.**
- **Color Homes.**
- **Various Rotary Club.**
- **Agaram Foundation.**
- **Dimensions Health Club.**
- **Lion's Club.**
- **Strategy Nxtgen.**

ABOUT US

SMART 7 Wellness...

EDUCATING SINCE 2012



Dr. C. Vijay, Ph.D.,

Founder & CEO
SMART 7 Wellness...



Dr. C. Ligi Ezhilarasi, Ph.D.,

Director
SMART 7 Wellness...

Having two decades of Mentoring People in Health Industry , Certified 3000+ Fitness Trainers, Gym Instructors & Physical Education Teachers so far

VISION

Our Vision is to Build a Wellness School that Blends Heritage Training Techniques with Innovative Modern Approaches.

OUR SERVICES

Health | Sports | Special Needs | Corporate Training | Fitness Certification
Rehabilitation | Physiotherapy

For Consultation & Appointments

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